

Inversion – tilting the sole towards the midline of the body

Eversion – tilting the sole away from the midline of the body

Retraction – movement of a body part in the posterior direction

Sectional anatomy

Sagittal plane – divides the body into equal right and left sides. Body parts close to the plane are medial and parts away from the midline are lateral

Frontal plane – divides the body into equal front and back sections. Body parts in front of the plane are anterior and parts behind the plane are called posterior

Transverse plane – divides the body into top and bottom parts. Body parts above the plane are superior and parts below are inferiors

Sagittal axis – runs through the belly button

Transverse axis – runs from hip to hip

Longitudinal axis – runs from head to toe

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